

Sustainable Approaches to Nutrition in Africa (AOT-0561-A-00-5232)

Annual Program Report, Year Five (October 1999–September 2000)

and

Annual Work Plan, Year Six (October 2000–September 2001)

Ellen G. Piwoz, Sc.D.
Debbie Gachuhi, M.Sc.
Kinday Samba-Ndure, M.Sc.

Academy for Educational Development

| | |
|-------------|--|
| ACC/SCN | United Nations Administrative Committee on Coordination— Sub-Committee on Nutrition |
| AED | Academy for Educational Development |
| AFR/SD | Africa Bureau Office of Sustainable Development |
| ALC | Active Learning Center |
| ANLI | Africa Nutrition Leadership Initiative |
| ANP | Applied Nutrition Program |
| BASICS | Basic Support for Institutionalizing Child Survival |
| CRAN | Center for Food and Nutrition Research |
| CRHCS | Commonwealth Regional Health Community Secretariat |
| GHAJ | Greater Horn of Africa Initiative |
| FHI | Family Health International |
| ECC/SGD | Early Childhood Care for Survival, Growth, and Development |
| ECOWAS | Economic Community of West African States |
| HKI | Helen Keller International |
| IBFAN | International Baby Food Action Network |
| INP | Integrated Nutrition Program |
| IRSP | Institut Regional de Santé Public |
| IUNS | International Union of Nutritional Sciences |
| JICA | Japan International Cooperation Agency |
| K-CAN | Kenya Coalition for Action on Nutrition |
| LINKAGES | Breastfeeding, Complementary Feeding, and Maternal Nutrition Project |
| M&E | Monitoring and evaluation |
| MOST | Micronutrient Operational Strategies and Technologies |
| MRC | Medical Research Council |
| OCCGE | Ogranisation de la Coopération et la Coordination des Grandes Endemies |
| REDSO | Regional Economic Development Office for USAID |
| SANA | Sustainable Approaches to Nutrition in Africa |
| SARA | Support for Analysis and Research in Africa |
| SOMA-Net | Social Science and Medicine Network |
| UNICEF/ESAR | United Nations' Children's Fund/East and Southern Africa Region |
| USAID | United States Agency for International Development |

Acronyms

| | |
|----------|--|
| UWC | University of the Western Cape |
| VCT | voluntary counseling and testing |
| WAHO | West African Health Organization |
| WHO/AFRO | World Health Organization/Africa Regional Office |

Annual Program Report, Year Five

(October 1999–September 2000)

and

Annual Work Plan, Year Six

(October 2000–September 2001)

Table of Contents

| | |
|--|----|
| Introduction | 1 |
| Year Five Activities and Accomplishments | 4 |
| Year Six Activities and Work Plan | 18 |
| Table 1. Timeline for Year 6 Work Plan | 21 |

Introduction

The Sustainable Approaches to Nutrition in Africa (SANA) project is a six-year Cooperative Agreement between the Academy for Educational Development (AED) and the Africa Bureau Office of Sustainable Development (AFR/SD) of the U.S. Agency for International Development (USAID) to support program-oriented nutrition research and training in Africa.

The SANA project works in partnership with African institutions, networks, and nutrition centers of excellence to strengthen regional pre-service and in-service training programs in nutrition; to conduct and disseminate results of research to improve nutrition-program design, management, implementation, and evaluation; and to improve nutrition-information dissemination, advocacy, and networking in Africa. SANA's expected results are:

- ◆ Individual and institutional capacity for nutrition program design, implementation, management, and evaluation strengthened in Africa.
- ◆ Innovative nutrition training approaches institutionalized within existing African institutions, networks, and centers of excellence.
- ◆ Diffusion of lessons learned and better practices for nutrition improvement increased in Africa.
- ◆ Nutrition advocacy capacity and implementation enhanced in Africa.

These results, and the activities implemented in support of them, contribute to the following Africa Bureau Nutrition Results (NR):

- ◆ Increased African commitment to addressing nutrition-related problems (NR 1).
- ◆ Strengthened African regional and national capacity to plan, manage, implement, and evaluate nutrition-related policies and programs (NR 2).
- ◆ Increased joint planning and programming with USAID partners and other donors on nutrition-related activities (NR 4).

Introduction

As outlined in the Work Plan, SANA planned to accomplish the following activities during Year 5:

In East, Central, and Southern Africa:

With the University of the Western Cape (UWC):

- ◆ Produce and disseminate Volume One of the Integrated Nutrition Program (INP) training manual (in collaboration with the Health Systems Trust); *(completed)*
- ◆ Finalize, field test, and produce Volume Two of the INP training manual; *(partially completed)*
- ◆ Draft and pre-test the distance learning module based on the INP training manual; *(partially completed)*
- ◆ Disseminate lessons learned from the INP training process; and *(completed)*
- ◆ Provide limited technical assistance to the M&E course. *(completed)*

With UNICEF Regional Office for East and Southern Africa (UNICEF/ESAR):

- ◆ Assist with finalizing and disseminating the training manual on caring practices (to be produced by UNICEF/ESAR and UNICEF/HQ); and *(completed)*
- ◆ Assist with country-level training on caring practices in at least two countries. *(not initiated)*

With the Greater Horn of Africa Initiative (GHAI) and REDSO/LINKAGES:

- ◆ Provide technical assistance to the nutrition coalitions being formed in Kenya, Uganda and Tanzania, particularly in finalizing their assessments of better practices in community nutrition and nutrition advocacy; and *(completed in Kenya, Uganda)*
- ◆ Assist with the organization and implementation of a regional dissemination workshop on nutrition tools and better practices. *(not initiated)*

With the Commonwealth Regional Health Community Secretariat (CRHCS):

- ◆ Facilitate their annual meeting of Health Ministers (1999) and help plan the meeting for the Year 2000; *(completed)*
- ◆ Co-facilitate regional training(s) on nutrition policy analysis and advocacy (using PROFILES) with emphasis given to communications and advocacy skills; *(completed)*

- ◆ Provide follow-up technical assistance, as needed, to country teams on their advocacy work; and (*completed*)
- ◆ Assist with the development of a nutrition advocacy handbook to help facilitate and accelerate advocacy work at the country level (following regional training). (*not initiated*)

In West Africa:

- ◆ Provide technical assistance for PROFILES applications and country follow-up; (*partially completed*)
- ◆ Disseminate nutrition tools and papers; (*completed*)
- ◆ Conduct workshops on capacity development; (*not initiated*)
- ◆ Plan and implement the nutrition focal point meeting (Bamako, 2000); (*completed*)
- ◆ Conduct follow-up on the nutrition minimum package (with BASICS); and (*not initiated*)
- ◆ Prepare technical reports and tools. (*completed*)

In the Home Office:

- ◆ Conduct active and strategic dissemination of SANA materials; (*completed*)
- ◆ Review and document the impact of SANA partnerships; (*partially completed*)
- ◆ Plan future capacity development initiatives; and (*completed*)
- ◆ Prepare and discuss the final evaluation of the SANA project. (*partially completed*)

Year Five Activities and Accomplishments

Year Five Activities and Accomplishments

SANA and its partners were able to complete most of the planned activities for Year 5. Some activities were not undertaken because of changing priorities in our partner organizations and/or human resource constraints. The activities, accomplishments, and constraints are described below.

In East, Central and Southern Africa:

SANA succeeded in implementing nearly all planned activities for Year 5, and also supported additional activities that were not previously envisioned, including collaboration with Karen College and the Kenya Coalition for Action for Nutrition in Nairobi, Kenya. The planned and additional activities are described below.

1. The University of the Western Cape (UWC)

A. Integrated Nutrition Program: A Course for District-level Program Managers and Implementors

Throughout the year, the SANA regional advisor, Debbie Gachuhi, worked closely with the UWC team and their regional and district-level counterparts to structure and provide training for the Integrated Nutrition Program. UWC, with SANA assistance, has developed and tested a training guide that will allow provincial and district-level facilitators to replicate this training independently and on a wider-scale.

The INP training involves a series of workshops that are held on-site (using district facilities). Each workshop requires three to five days and covers a series of topics and sessions. Each workshop is followed by a one-to-three month interval, when teams are expected to use the skills acquired to carry out program and community activities. As of the end of this project year, the training manual has been used in two provinces, the Eastern Cape and the Western Cape. In the Eastern Cape, it is now being used in at least six districts.

Although this training was originally designed for the Mt. Frere District, the content is relevant for other districts and countries that are struggling with similar issues of improving the quality of nutrition services in health programs, integrating programs across sectors, and engaging communities in self-assessment, analysis, and action. UWC has received requests for this training from the Northern and North West Provinces and from several districts within the Western Cape Province.

The training guide is being produced in two volumes to cover the following areas:

Volume One:

- ◆ An overview of the causes of malnutrition and the nutrition situation in the country
- ◆ The UNICEF conceptual framework, the role of food, health, and care for nutrition, and appropriate food, health, and caring practices
- ◆ Assessing the quality of programs (e.g., growth promotion, health services, environmental, school-based, etc.)
- ◆ Mobilizing and sensitizing communities about nutrition using participatory methods
- ◆ Analyzing the nutrition situation and prioritizing problems and actions

Volume Two:

- ◆ Program planning
- ◆ Developing an implementation plan
- ◆ Human resource development
- ◆ Budgeting
- ◆ Program monitoring and evaluation
- ◆ Program dissemination and report writing
- ◆ Program sustainability
- ◆ Project proposal writing

Volume Two was pre-tested during the winter school term at the UWC and in Mt. Frere. Both volumes are now complete and are currently being printed. Each volume will form the basis of a one-week training of trainers course to be offered during the UWC summer school in January 2001 and the winter school in July 2001 respectively. The draft INP volumes were disseminated and discussed at the Biennial Congress of the Nutrition Society of Southern Africa, which was held in Durban in August 2000.

In addition to the two volumes, the UWC has also produced a short manual on how to conduct a nutrition situation assessment that will be disseminated more widely and is being adapted for use in community IMCI programming. This will be finalized in late 2000 and disseminated along with the training guides in PY 6.

B. Nutrition Advocacy

PROFILES Coordinator, Dr. Victor Aguayo, visited the UWC for one week in July 2000 to introduce the faculty to PROFILES as a tool for nutrition advocacy. Dr. Chopra and Ms. Rina Swart presented PROFILES at the Nutrition Congress, and have also made numerous presentations within South Africa to UNICEF and other stakeholders. With ad-

Year Five Activities and Accomplishments

ditional technical support from the SANA Regional Advisor, the UWC Public Health Program has developed a new one-week course on nutrition advocacy, incorporating training on PROFILES. The course will be offered during the UWC Summer School in January 2001.

C. Monitoring and Evaluation of Nutrition and Nutrition-related Programs

In July 1998, SANA provided technical assistance to introduce a two-week course on monitoring and evaluation for health and development for mid- and senior-level program managers. Twelve participants, mostly from the Eastern Cape, attended this first course. They came from diverse health backgrounds and included occupational therapists, environmental health officers, nurses working in reproductive health units, and nutritionists working in food security programs. Of the 12 participants who went to the field to collect data, nine returned after 6 months with a completed first draft of their evaluation study.

Since the first course, the monitoring and evaluation course has been offered twice a year, during the summer and winter schools at UWC. In total, more than 120 mid-level health professionals from 6 provinces in South Africa and from neighboring countries, including Lesotho and Mozambique have attended and completed the course.

This year the course was offered from January 17-28, 2000, and again in July 2000. The course is based on the monitoring and evaluation training guide that was developed through another SANA partnership with the University of Nairobi, Tufts University, and several collaborating institutions and centers in East and Southern Africa (described later).

The monitoring and evaluation (M&E) course at UWC is conducted in three stages. The first stage is a two-week training at the UWC, where participants are given theoretical inputs on monitoring and evaluation. They are also assisted to develop an evaluation proposal. The second stage is a five-month interlude between the summer and winter schools. Course participants are at their work stations and, as part of their job, they are expected to do field work and collect data. During the third stage, participants return to UWC for one week to share experiences and to present a report of their M&E study.

The monitoring and evaluation course continues to have the largest enrollment of any of the courses that are offered at the summer and winter schools. Most participants come from the Western Cape, Northern Province and Eastern Cape and include a variety of health professionals, most of whom are working at the district and provincial levels.

Following on the success of this activity at the UWC, the Eastern Cape Province has agreed to offer the course at the district level through the USAID-funded Equity Project. The UWC has been contracted to provide this training. Other provinces and districts are also interested in offering the course. Although SANA has assisted with facilitating the training course at UWC, in the future, all facilitators will be drawn from within the South Africa.

D. Distance Education Program for a Masters or Certificate in Public Health and Public Nutrition

Throughout the year, the SANA Regional Advisor has provided technical support to the UWC for their distance education Masters of Public Health (MPH) program. A one-week workshop was organized and facilitated by the SANA Regional Advisor in July 1999. During that workshop, Ms. Gachuhi worked with the UWC distance learning writing teams to discuss specific needs of distance learning programs, such as how to structure the curriculum and develop course outlines; how to structure and organize post-graduate diploma and degree modules for students who are unable to enroll in the full MPH program; the administrative support system needed to support distance learners; and building capacity of local distance learning materials writers.

To date, the UWC had developed three modules for a postgraduate diploma in public health through distance learning. They are: Module 1: Health, Development and Primary Health Care; Module 2: Health Systems Research; Module 3: The Management of Primary Health Care for Health Promotion. The first module includes academic learning skills as well as technical content related to nutrition situation assessment and working with communities to analyze nutrition problems. This module will serve as a bridging module to upgrade the academic and technical skills of the learners.

The fourth module is currently in progress and is being developed by the Public Health Program staff with technical assistance from the SANA Regional Advisor. This module covers Nutrition Policy and Programming and includes topics from the Integrated Nutrition Program, success factors in nutrition programs, and advocacy, amongst other topics. A draft of this module will be ready by January 2001.

There are currently 20 students enrolled in the distance education program. A new intake of students is planned for next year. However, all four modules will still need to be pre-tested, reviewed, and revised. This may result in a delay in getting the materials out to the learners. Furthermore, support systems and other distance education systems and sub-systems still need to be planned, operationalized, and institutionalized. The Public Health Program has requested further support from the SANA Regional Advisor to assist in the development of the training materials and the strengthening of the distance education program in PY 6.

Year Five Activities and Accomplishments

2. Collaboration with UNICEF/ESAR on the ECC/SGD Initiative

SANA Regional Advisor, Ms. Debbie Gachuhi, worked with UNICEF Regional Nutrition Advisor, Dr. Olivia Yambi, to finalize the training manual on Early Childhood Care for Survival, Growth and Development (ECC/SGD) during Year 5. The manual is currently being produced and disseminated by UNICEF.

In addition to producing the manual, Ms. Gachuhi assisted Dr. Yambi with the development of a training guide for a 29-minute video entitled, *The First Years are Forever*. The video is intended for use with the training manual.

UNICEF plans to train country teams from Kenya, Tanzania, Malawi, Madagascar and Uganda on this subject matter using the training guide. These countries will conduct local assessments of caring practices among women and children under five years of age. Originally, it was hoped that the assessments would be completed in 2000; however, they were not carried out because of other priorities in these countries. The SANA Regional Advisor will assist with the country trainings, if needed, with financial support from UNICEF.

3. Participation in the REDSO/LINKAGES Greater Horn of Africa Initiative

In Year 5, the SANA Regional Advisor provided technical assistance in the implementation of LINKAGES-supported activities under the Greater Horn of Africa Initiative. Debbie Gachuhi, the SANA Regional Advisor, assisted PATH (LINKAGES' subcontractor on this activity) to draw up the agenda for launching the Kenya workshop for the Assessment of Better Practices in Nutrition Community Programs and a national nutrition coalition. SANA nutritionist, Ms. Micheline Nturu, visited Uganda this year with LINKAGES' GHAI Coordinator, Ms. Lora Ianotti, to review the Uganda community nutrition assessments and give input into the formulation of a final report on these activities. Ms. Gachuhi has been requested to facilitate a dissemination workshop on the Assessment of Better Practices in Nutrition Community Programs in PY 6.

In March 2000, Ms. Gachuhi also helped to facilitate the country-level training on nutrition advocacy and PROFILES, which was held in Mombasa for more than 20 Kenya nutrition-interested professionals, and resulted in the formation of the Kenya Coalition for Action on Nutrition (K-CAN). Following the March training, the SANA Regional Advisor worked closely with the team that developed the Education and Nutrition Sector PROFILES to refine and improve it. The Ministry of Education presented PROFILES to a select group of policy makers in June of this year.

Ms. Gachuhi has continued to work with the K-CAN throughout the year, by presenting PROFILES to different audiences, including the UNICEF Regional Nutrition Network

and the World Food Programme Regional Training Workshop on Advocacy, and by attending and helping to facilitate K-CAN meetings. The Coalition has held several meetings and has organized a strategic planning meeting to be held next year before the UN Administrative Committee on Coordination—Sub-Committee on Nutrition (ACC/SCN) Symposium in April 2001.

4. The Commonwealth Regional Health Community Secretariat (CRHCS)

SANA nutritionist, Ms. Micheline Nturu, and SARA consultant, Ms. Linda Kean, worked with CRHCS Food and Nutrition Coordinator, Ms. Boitshepo Giyose, to finalize the nutrition advocacy publication titled *Nutrition Briefs: Linking Multiple Sectors for Effective Planning and Programming*. The Briefs, which were produced by the SARA Project, were disseminated at the annual Health Ministers' Conference (see below) as part of the nutrition program and advocacy presentations.

The SANA Regional Advisor, Ms. Debbie Gachuhi, provided technical assistance and facilitation at the CRHCS Ministers of Health Conference and 25th Anniversary Symposium. Prior to this meeting, Ms. Gachuhi was requested to provide support and technical assistance to the CRHCS in Arusha, Tanzania. A pre-symposium planning meeting was held October 13-15, 1999 for this purpose.

During the symposium, Ms. Gachuhi assisted with rapporteuring of almost all sessions, re-wrote and edited several papers and presentations, prepared several Powerpoint presentations for different presenters, assisted with drafting the resolutions for the Ministers of Health Conference, assisted in coordinating the secretariat, and synthesized the key points of the CRHCS strategic plan for presentation.

Unfortunately, Ms. Gachuhi was unable to attend and assist with the facilitation of the PROFILES and advocacy training workshop which was held in Maseru, Lesotho, under the auspices of CRHCS, because she was indisposed.

5. Other Activities and Partners

Karen College of Nutrition

Throughout the year, Ms. Gachuhi has worked with the Karen College of Nutrition, the only institution in Kenya that trains community nutrition workers. Working in partnership with the JICA nutrition advisor, she assisted the staff in analyzing data from a training needs assessment that the College conducted with a view to reviewing the curriculum. The Kenya Government has given the Karen College of Nutrition the mandate to generate income for sustainability. Working together with the Principal and staff, Ms. Gachuhi developed a proposal for offering short in-service courses to up-

Year Five Activities and Accomplishments

date the knowledge and skills of community nutrition workers who have not benefitted from continuing education since their initial training.

The following short courses are being considered:

- ◆ Advocacy for Nutrition
- ◆ HIV and Breastfeeding/Mother-to-child Transmission of HIV
- ◆ Caring Practices for Women and Children 0-3 Years.

The Karen College of Nutrition is also considering offering a distance education programme as part of its in-service training.

Medical Research Council/South Africa

The SANA Regional Advisor worked closely with the staff of the Medical Research Council (MRC) during her visits to South Africa to develop several research proposals on nutrition issues. The lead MRC investigator, Dr. Thandi Puoane, was a former SANA partner when she worked at the University of the Western Cape. Dr. Puoane requested SANA assistance in thinking through the structure of the research proposals. Currently, these proposals are awaiting funding.

Family Health International/Regional Office

Ms. Gachuhi facilitated a three-day meeting sponsored by Family Health International (FHI) on voluntary counseling and testing (VCT) for all of FHI's implementing partners in the East and Southern Africa region. The purpose of the meeting was to update participants on VCT and to determine suitable models for establishing VCT in FHI project areas.

Other meetings

The SANA Regional Advisor participated in the UNICEF/ESAR Nutrition Network meeting and the African Nutrition Leadership Initiative East Africa Capacity Building for Nutrition meeting, both of which were held in Nairobi. During these meetings, discussions were held concerning requests for support for training in advocacy and PROFILES, training on caring practices for women and children under 5 years, and training in monitoring and evaluation at public health institutes and other tertiary training institutions in the region.

Updating the M&E training guide

During the year, Ms. Gachuhi and SANA nutritionist, Ms. Micheline Nturu, finalized the monitoring and evaluation manual by revising and improving it, following feedback

from course participants. The manual was also translated into French and both versions will be disseminated actively in PY 6.

In West Africa:

1. Provide Technical Assistance for PROFILES Applications and Country Follow-up

In June 2000, the SANA West Africa Field Advisor participated in the two-week PROFILES Training for Nutrition Policy and Advocacy organized for regional-level health and government officials working in Ghana. The training was funded by the LINKAGES project and facilitated by Dr. Jay Ross. In PY 6, SANA will assist the LINKAGES project with documentation and an evaluation of the impact of PROFILES training and advocacy in West Africa.

2. Disseminate Nutrition Tools and Papers

The reference paper titled *Best Practices and Lessons Learned for Sustainable Nutrition Programming* was finalized, translated into French, and disseminated widely during this project year. The paper was one of the most frequently requested documents produced by SARA/SANA this year, with almost 5000 copies disseminated.

During Year 5, work also continued on the development of generic training modules for integrating the nutrition minimum package (MinPak) into community and health service activities. Last year, SANA assisted BASICS with the preparation and testing of a set of generic in-service training modules for health workers in Mali. Over the last 12 months, BASICS and SANA have adapted the modules for use in other countries in the region, and have updated some of the content so that the learning exercises are more participatory and active. Sections from the Tufts/Applied Nutrition Programme (ANP) Monitoring and Evaluation Training and the UWC Integrated Nutrition Program training guides were incorporated into the modules.

Summary versions of the modules were shared during the nutrition focal points meeting in order to get feedback from nutrition experts in the region. The modules will be finalized in PY 6, after external review and testing.

3. Conduct Workshops on Capacity Development

SANA did not conduct any workshops on capacity development issues in Year 5. This was due, in part, to the completion of the BASICS I Project and the transition into BASICS II. BASICS has been SANA and SARA's main partner on regional capacity development activities.

Year Five Activities and Accomplishments

In May 2000, the SANA West Africa Regional Advisor, Ms. Kinday Samba Ndure, worked with Support for Analysis and Research in Africa (SARA) Project Director, Dr. Suzanne Pryor-Jones, and the BASICS Regional Nutrition Advisor, Dr. Serigne Mbaye Diène, to develop a common regional agenda for improving nutrition in West Africa, which could be jointly implemented by SARA, SANA, and BASICS, in collaboration with African partner institutions.

The common agenda includes these priorities, which are consistent with SANA results and will be addressed during PY 6:

- ◆ Accelerate plans to introduce available nutrition training packages and tools into pre-service and in-service training programs in the West Africa region.
- ◆ Actively disseminate existing nutrition tools and documents through NGO networks, training institutions and nutrition centers of excellence.
- ◆ Assist with the planning and implementation of the 2001 nutrition focal points meeting.
- ◆ Introduce and integrate the nutrition minimum package of activities into maternal and child health services, including scaling-up community-level activities in at least two countries.
- ◆ Develop Active Learning Centers (ALC), based in community nutrition programs, for sharing promising practices in the region.

In July 2000, the SANA West Africa Field Advisor accompanied the BASICS Regional Nutrition Advisor on a mission to Cotonou, Benin, to discuss the concept of Active Learning Centers for Integration of Essential Nutrition Actions with managers at the Institut Régional de Santé Publique (IRSP) in Cotonou, and to define the roles of different partners to be involved in the establishment of the Centers. The IRSP is now sensitizing partners at the district level about the approach. These activities will continue in PY 6.

4. Preparation and Facilitation of the 2000 Nutrition Focal Points Meeting

For the fifth year in a row, SANA in collaboration with BASICS and SARA, supported the annual meeting of ECOWAS nutrition focal points. The nutrition focal points are the heads of nutrition services within the governments of the 16 member-states of ECOWAS (the Economic Commission of West African States). The ECOWAS countries include Benin, Burkina Faso, Cape Verde, Côte d'Ivoire, Gambia, Ghana, Guinea, Guinea Bissau, Liberia, Mali, Mauritania, Niger, Nigeria, Senegal, Sierra Leone, and Togo.

Year Five Activities and Accomplishments

During Year 5, a series of planning meetings were organized and chaired by the General Secretary of the Organisation de la Coopération et la Coordination des Grandes Endémies (OCCGE), Dr. Mathias Hien, to set the agenda and prepare for the annual meeting, and to discuss the transition to the newly-organized West African Health Organization (WAHO). The meetings were held in collaboration with the West Africa regional offices for the BASICS II project, Helen Keller International (HKI), and the LINKAGES project. LINKAGES advisor, Dr. Victor Aguayo, was responsible for coordinating the annual technical update on breastfeeding.

Prior to the meeting, SANA regional advisor, Ms. Kinday Samba Ndure, conducted a regional assessment of the status of national-level nutrition networks in the region. This assessment was carried out to identify progress implementing the recommendations from the Niamey nutrition focal points meeting, which was held in September 1999.

The Year 2000 nutrition focal points meeting was held in Bamako, Mali, from the 25th to the 29th of September. The goal of the meeting was to "promote exchange among nutrition actors and operationalize the national nutrition networks in ECOWAS member countries." The specific objectives of the meeting were to:

- ◆ assess progress made towards the implementation of recommendations of the Niamey 1999 meeting;
- ◆ assess progress made in improving the nutrition situation in ECOWAS member countries;
- ◆ update participants' knowledge in the field of breastfeeding; and
- ◆ define mechanisms for the establishment of national nutrition networks in ECOWAS member countries.

The meeting was attended by more than 100 participants. The participants included the 16 nutrition focal points from the ECOWAS member states; representatives from OCCGE; nutrition and health representatives from HKI, LINKAGES, SARA/SANA, MOST, BASICS, WHO/AFRO, UNICEF country offices, and CARE International; and a large number of participants from Malian non-governmental organizations, health and related government ministries, and the media. The meeting was facilitated by Mr. Aliou Boly, a consultant supported by the SARA Project.

The technical update was held on the second day of the meeting and included six presentations:

- ◆ An overview of recommended breastfeeding, complementary feeding, and maternal dietary practices by Dr. Mary Lung'aho, LINKAGES.

Year Five Activities and Accomplishments

- ◆ An overview of HIV and infant feeding issues by Dr. Ellen Piwoz, SARA/SANA.
- ◆ A review of breastfeeding and vitamin A by Dr. Mohammed Ag Bendeck, HKI.
- ◆ An assessment of the economic value of breastfeeding in West Africa by Dr. Victor Aguayo, LINKAGES.
- ◆ An update on the status of the Code of Marketing of Breast Milk Substitutes in West Africa by Mr. André Ouedraogo, WHO/AFRO.
- ◆ A report on two case studies assessing violations of the Code in Burkina Faso and Togo by Mrs. Aoua Zerbo, International Baby Food Action Network (IBFAN) Regional Office, Burkina Faso.

In addition to these technical presentations, there were exchanges of information on country experiences in breastfeeding promotion through thematic and poster presentations.

A key recommendation of the Niamey meeting was the establishment of national nutrition networks in the region. SANA Regional Advisor, Ms. Kinday Samba Ndure, presented the results of the networking assessment described previously. This assessment and other issues related to the establishment of the regional networks were discussed during the plenary and small group working sessions. Recommendations for strengthening the regional network under the auspices of the WAHO were also discussed.

During the meeting, HKI launched a web site for the meeting. The web site will host future discussions on regional nutrition issues. A listserv to facilitate communication among nutrition actors and networks will also be established with support from HKI.

The 2001 focal point meeting will be held in Ghana. The technical theme for the 2001 meeting will be adolescent and maternal nutrition.

5. Conduct Follow-up on the Nutrition Minimum Package (with BASICS)

No follow-up activities on the Nutrition Minimum Package were carried out this year. This was because of the transition period under the BASICS II Project.

6. Prepare Technical Reports and Tools

SANA regional advisor, Kinday Samba Ndure, collaborated with the LINKAGES, SARA, and MOST Projects in the development of a technical justification and advocacy paper called *Essential Actions to Improve Maternal Nutrition*. This paper will be finalized in PY 6

and disseminated by the LINKAGES Project. The contents were introduced during the Regional Quality of Health Care Network meeting, held in Entebbe, Uganda in February 2000.

SANA Nutritionist, Ms. Micheline Nturu, began work this year on a West Africa adaptation of the Nutrition Briefs (described in the previous section). These will be completed and disseminated in PY 6.

In the Home Office:

1. Conduct Active and Strategic Dissemination of SANA Materials

SANA finalized and produced three major documents this year. These documents included:

- ◆ *Best Practices and Lessons Learned for Sustainable Nutrition Programming* by Kinday Samba Ndure, Micheline Nturu, Maty Ndiaye, and Serigne Diene (with SARA and BASICS; available in French and English).
- ◆ *Nutrition Briefs: Linking Multiple Sectors for Effective Planning and Programming* by Linda Kean, Micheline Nturu, and Boitshepo Giyose (with SARA and CRHCS).
- ◆ *Monitoring and Evaluation of Nutrition and Nutrition-related Programmes: A Training Manual for Programme Managers and Implementors* by University of Nairobi, Tufts University, and other partners (available in French and English).

SANA partners also produced training manuals on Integrated Nutrition Programming (UWC) and Caring Practices (UNICEF/ESAR).

These documents have been actively disseminated at regional meetings, including:

- ◆ The CRHCS Health Ministers' Conference (Seychelles, October 1999)
- ◆ The Makerere University Regional Quality of Health Care Network meeting (Uganda, February 2000)
- ◆ The ACC/SCN annual meeting (Washington DC, April 2000)
- ◆ The WHO/UNICEF community IMCI meeting (Durban, June 2000)
- ◆ The Biennial Congress of the Nutrition Society of Southern Africa meeting (Durban, August 2000)

Year Five Activities and Accomplishments

- ◆ The Nutrition Network meeting for UNICEF/ESAR (Nairobi, September 2000)
- ◆ The nutrition focal points meeting (Bamako, September 2000)

These documents are also available from AED and are free to end-users. Active dissemination will continue in PY 6. Next year's activities will include structured dissemination to pre-service training institutions and NGO networks.

2. Review and Document the Impact of SANA Partnerships

In preparation for the final project evaluation, SANA hired Dr. Bill Rau to prepare summary reviews of SANA activities and partnerships. The reviews document the process, impact, and lessons learned from these activities and partnerships:

- ◆ Nutrition advocacy and PROFILES (West Africa/CRAN and CRHCS)
- ◆ Integrated nutrition programming (University of the Western Cape)
- ◆ Monitoring and evaluation (University of Nairobi, UWC)
- ◆ Consultative research training and research (SOMA-Net)
- ◆ Caring practices training (UNICEF/ESAR)
- ◆ Nutrition networking and dissemination of better practices (Nutrition Focal Point Network)

The final reviews will be available in PY 6.

3. Plan Future Capacity Development Initiatives

SANA has been an active participant in the United Nations University Africa Nutrition Leadership Initiative (ANLI). SANA has participated in this initiative through support for the first sub-regional consultation in June 1998, and then this year through supporting the ACC/SCN workshop on capacity building in Africa in April 2000. SANA supported Ms. Boitshupo Giyose and Ms. Pauline Kuzwayo to attend this meeting and present their institutions' work.

SANA regional advisors also attended ANLI sub-regional consultations in Nairobi and Senegal, which were held in October 2000 (PY 6) to further this initiative. SANA plans to continue its participation in the Initiative, particularly at the International Union of

Nutritional Sciences (IUNS) Symposium on Capacity Building in Africa, which will be held in Vienna, Austria, in August 2001.

SANA has also discussed future capacity building initiatives with the Karen College in Nairobi (described previously) and with the Helen Keller International Regional Office for West Africa. The latter initiative may involve support for nutrition advocacy, information dissemination, and capacity building through the Nutrition Focal Point Network of the West Africa Health Organization. The details of this proposed work will be defined after the WAHO is formally organized in November 2000.

4. Prepare and Discuss the Final Evaluation of the SANA Project

SANA began preparations for the final evaluation during Year 5. Dr. Milla McLachlan, Nutrition Advisor at the World Bank, has agreed to be the team leader for the evaluation. The purpose of the evaluation will be to assess whether SANA met its objectives, to describe the project's impact on capacity building in Africa, and to make recommendations to USAID and other donor organizations on future nutrition capacity and leadership development initiatives. The final evaluation will be completed from December 2000 to July 2001. A final report will be delivered in August 2001.

5. Recruit and Hire a New Nutritionist

SANA/SARA nutritionist, Ms. Micheline Nturu, departed the project in September 2000. Ms. Nturu will become a regional advisor for CARE International, based in Johannesburg, South Africa. SANA completed recruitment for the position and hired another African nutritionist, Ms. Dorcas Lwanga, to replace Ms. Nturu. Ms. Lwanga holds bachelors and masters degrees in nutrition and she is also a registered dietician with experience in clinical nutrition for people living with HIV and AIDS. Ms. Lwanga speaks English and French fluently and she will begin work in December 2000.

Year 6 Activities and Work Plan

Year Six Activities and Work Plan

SANA will focus its efforts this year on documentation and dissemination of lessons learned through the project. Work with our African partners will continue; however, no new African partnerships are envisioned under SANA. All new work will be supported through the SARA project and other partners.

The following activities are planned for PY 6, the final year of the project:

In East and Southern Africa:

With the University of the Western Cape:

- ◆ Finalize Volume Two of the INP Manual;
- ◆ Assist with dissemination of INP materials and lessons learned;
- ◆ Assist with the testing and revision of the distance learning materials; and
- ◆ Assist with facilitation and institutionalization of the nutrition advocacy course.

With the Commonwealth Regional Health Community Secretariat:

- ◆ Provide technical assistance, as needed, for activities being jointly supported by the SARA project (including nutrition advocacy, information dissemination, capacity development).

With UNICEF/ESAR:

- ◆ Provide technical assistance to countries on the Caring Practices Initiative, as needed;
- ◆ Participate in regional meetings for disseminating lessons learned and SANA nutrition tools and products; and
- ◆ Participate in the April 2001 ACC/SCN meeting on HIV and nutrition.

With LINKAGES/GHAI:

- ◆ Continue to provide technical support to nutrition advocacy coalitions in Kenya, Uganda, and Tanzania; and
- ◆ Provide assistance with regional dissemination activities, including a dissemination workshop on promising practices.

With Karen College:

- ◆ Provide technical assistance to introduce SANA/SARA nutrition tools and training manuals into the Karen curricula.

In West Africa:

With BASICS/Regional Office:

- ◆ Facilitate introduction of existing nutrition training modules to pre-service training institutions in the region (including the IRSP/Benin and other organizations conducting regional training in the English-speaking countries);
- ◆ Facilitate introduction of existing nutrition tools and training modules to NGO networks. The IRSP will work in partnership with SANA and BASICS to introduce the existing nutrition tools and training modules to NGO networks working in community nutrition programs. This will be accomplished through a series of in-country workshops for NGO staff and a regional workshop for teachers of pre-service institutions to be held at the Institut Régional de la Santé Publique (IRSP) in 2001; and
- ◆ Participate in the establishment of ALCs for integrated essential nutrition actions in Benin and Senegal. In PY 6, SANA will assist BASICS to identify the main implementing partner for the approach in Senegal, work with this partner and the IRSP to select the sites to be used as Active Learning Centers, and develop the tools and materials to facilitate the training process.

With the WAHO/Nutrition Focal Point Network:

- ◆ Provide technical assistance for the planning and implementation of the nutrition focal point meeting in Ghana, 2001;
- ◆ Provide technical assistance for the HKI-supported West Africa nutrition focal point web site and listserv;
- ◆ Provide technical assistance for documentation of the impact of PROFILES activities in the region;
- ◆ Finalize and disseminate West Africa Nutrition Briefs; and
- ◆ Participate in discussions related to the role of nutrition in the WAHO.

With Helen Keller International/West Africa Region:

- ◆ Continue discussions on future information sharing/networking and capacity development priorities and prepare a proposal for funding this effort.

Year 6 Activities and Work Plan

With the Africa Nutrition Leadership Initiative

- ◆ Participate in future dialogue and regional follow-up to move this initiative forward.

In the Home Office:

- ◆ Continue active dissemination of SANA materials and lessons learned;
- ◆ Complete documentation of SANA activities and impact, and disseminate;
- ◆ Conduct the final evaluation of the project and disseminate the results; and
- ◆ Participate in regional and global meetings to discuss nutrition capacity development, information sharing, and advocacy in Africa and to present SANA lessons.